

LYNN COUNCIL ON AGING SENIOR CENTER



January 2019

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

For 2019, we wish you a happy New Year...one filled with joy, peace, and good health...one with decreased worries and increased hope. Our first suggestion for you is to buy yourself an accordion file. Commit to starting the New Year off, filing all your important papers. You'll be amazed at how organized you will be! Speaking of amazed... when you go to the supermarket, do shoppers ask you if you work there? I'm always amazed! What makes me look like I work there? I also think it's amazing that guide dogs can sniff out allergens. Have we run out of new movie ideas so much that we can only remake old ones? What I really miss is the peach buds that are only sold around Christmas. You know the sleek pink candies filled with peanut butter filling! It took me a long time to figure this one out!!! NECCO Candy closed! So, of course there are no peach buds this year! Let's figure out the recipe and corner the market in time for next year! Keep in mind, I have no candy making experience and 76% of our staff is volunteers! Happy New Year!

From Your Mayor

Happy New Year! Wishing you and your family a 2019 filled with health and happiness. I hope everyone was able to enjoy the holiday season and spend quality time with family and friends.

This month we celebrate Martin Luther King, Jr. Day to honor the lifetime achievements of the fallen civil rights activist. The City of Lynn, in collaboration with various organizations around the city, will be hosting the Martin Luther King Jr. Day of Service. It's great to see residents around the city use this day off to help others. Service projects will include: cutting bookmarks for The Lynn Public Library, making valentines for seniors, writing letters to veterans, creating toiletry bags for the Plummer House, Lynn community clean-up, serving meals at My Brother's Table, conducting a food drive, reading at a local nursing home, creating an MLK inspired mural,

breakout discussion groups designed for young people, and more!

There are a number of shows taking place at the City Hall Auditorium this month. I invite you to attend the upcoming events including: Get the Led Out: The American Led Zeppelin on January 11th, *Napoleon Dynamite* Movie Screening and a Question and Answer session with the Actors on January 13th, and *Selma* movie night on January 18th. For more information and tickets call 781-599-SHOW or visit [http://](http://www.lynnauditorium.com)

www.lynnauditorium.com.

We are in the middle of snow season and continue to encourage residents to sign up for our public notification platform at <https://www.smart911.com>. You can select the type of notifications you would like to receive (school closings, parking bans, weather alerts, missing persons, traffic information etc.). These alerts are specific to the City of Lynn and are meant to keep you informed. All information provided is scrupulously protected by Rave Mobile Safety and is not shared with any other agencies. The service is free.

Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
 www.cuffemcginn.com

Dignity
 Member of
 Ardwood Service
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PACE
 Elder Service Plan
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 1-877-803-5564

BANECARE
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 and THE SWAMPSCOTT WING, Lynn
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

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ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant

ext. 625

rpaulinodiaz@glss.net

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers

President

Minette Lall

Vice President

Lester McClain

Clerk

Pam Edwards

Charles Mitchell

Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

George Harvey

Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Jan 31 Feb 21 Mar 27 Apr 25

Considering joining the FRIENDS? Come visit us and see what we're all about

Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:

www.ci.lynn.ma.us

Click City Hall

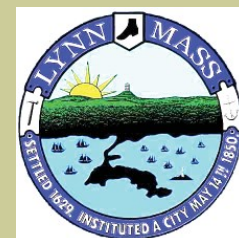
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



WWW.FACEBOOK.Com/LYNNSENIORCENTER

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis

Thank you for your donation!
~ Reverend Michael Ferraro



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

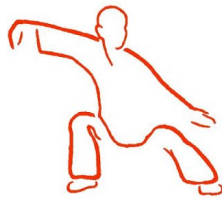
HARBOR
90FT
APARTMENTS

CASINO TRIPS

Casino trips will take a brief break for the winter due to travel concerns. They will resume in April!



MUSICAL AND JOY BASED TAI CHI



Every second and fourth Monday

10:00am-11:00am

Instructor: Mike Elliot

No reservation needed

\$5 per session

Improves balance, energy, and mobility

Elevates heart rate, improves posture, and builds muscle tone

Decreases stress and pain

UKULELE CLUB



Every Tuesday 9:00am—10:00am

Activities room

FREE!

Beginners and experienced player welcome

Instruments included at Senior Center

Instructor Matthew McConeghy

Questions call Erica 781-586-8618

DANCE WITH JOY

Every Thursday

9:00am-9:40am

FREE!



Led by Nany Deluth

Explore, express, and expand as you dance to world

music in this creative movement experience.

Dance with Joy is a creative mixture of dance, yoga, and

meditation. It can be done seated or standing. Please

join us and create a little joy.

NEW Open Enrollment Plan for Medicare Advantage Plans!

Beginning in 2019, a new Medicare Advantage Plan Open Enrollment Period will run for January 1 – March 31 every year.

If you are enrolled in a Medicare Advantage Plan, you'll have a one time opportunity to:

- Switch to a different Medicare Advantage plan
- Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B
- Sign-up for a stand-alone Medicare Part D prescription plan to complete Original Medicare

SHINE Counselors can help you understand your choices during the Medicare Advantage Plan Open Enrollment Period. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your local Senior Center to schedule a phone consultation or in-person appointment. For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.

Mystic Valley Elder Services SHINE program serves seniors in the communities of Chelsea, Danvers, Everett, Lynn, Lynnfield, Malden, Marblehead, Medford, Melrose, Middleton, Nahant, North Reading, Peabody, Reading, Revere, Salem, Saugus, Stoneham, Swampscott, Wakefield and Winthrop.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

Jan 2	Metropolis	1927	NR	2h 33m
Jan 9	Arrival	2016	PG13	1h 58m
Jan 16	Inside Out	2015	PG	1h 42m
Jan 23	Return to Me	2000	PG	1h 55m
Jan 30	Guardians of the Galaxy	2014	PG13	2h 1m



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





WE MAKE IT HAPPEN

Call for a free Consultation Or Visit us online

Home Health Services

45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com

Place Your Ad

JANUARY HAPPENINGS

Tue Jan 1	SENIOR CENTER CLOSED—HAPPY NEW YEAR!		
Mon Jan 7	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue Jan 8	Elvis' Birthday! (see page 7 for more information)		12:00pm—12:45pm
Tue Jan 8	January Birthday Celebration		12:45pm—1:00pm
Wed Jan 9	Supper Club	\$2	4:00pm—5:00pm
Thu Jan 10	<u>Ice Cream Social</u> Sponsored by: FRIENDS of the LCOA	\$0.50	1:00pm
Fri Jan 11	FREE Brain Health Workshop Sponsored by: Cogniciti		10:00am—12:00pm
Mon Jan 14	FREE Eye Health Seminar Sponsored by: Eye Center of the North Shore		10:00am—11:30am
Tue Jan 15	<u>Lunch Trip:</u> Texas Roadhouse Danvers, MA	\$3	11:00am—1:30pm
Fri Jan 18	Brown Bag Sponsored by Greater Boston Food Bank		9:00am—12:00pm
Mon Jan 21	SENIOR CENTER CLOSED HAPPY MARTIN LUTHER KING JR. DAY!		
Thu Jan 24	<u>Lunch Trip:</u> Lynn Tech Full meal served for \$10	\$3	11:00am—1:00pm
Mon Jan 28	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

Hatch Hearing Aid Center

*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR
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HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
ADAPTIVITIES

TAX ASSISTANCE

We will again be making appointments to get taxes filed this year. AARP volunteers will be in the Senior Center once weekly. You may call to make an appointment **beginning Monday, January 14th.** Appointments will not begin until February. You may call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at 781-586-8618

Salem State University Free Income Tax Preparation
February 12—April 13
Call 978-825-4013 and ask for Jake Lefker for appointments

**YOUR
AD
HERE**

**CALL
TODAY**

HAPPY BIRTHDAY ELVIS!



Tuesday, January 8th
12:00pm—12:45pm
FREE!

Elvis would be 84 years old this year. Let's wish him a happy birthday as we sing along to classic songs with the man himself!

SUPPER CLUB

Every second Wednesday—4:00pm-5:00pm
Looking for attendees interested in socializing with friends. Supper served for \$2 and is sponsored by My Brother's Table. Must reserve seat—first come first serve. Call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at 781-586-8618.

An Affordable Assisted Living Senior Residence
Call Us For Information
Harborlight House
1 Monument Square
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Senior Homecare By Angels
Up to 24 Hour Care
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Respite Care for Families
Rewarding Companionship
Remain Comfortable in your OWN HOME!
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Visiting Angels
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Wellness Watch January 2019

Eating Healthy for Life

Grocery List

Lean protein choices

- ☐ Cabrito
- ☐ Canadian bacon
- ☐ Center pork chop
- ☐ Chicken breast
- ☐ Choice or select sirloin or round
- ☐ Cod
- ☐ Flank steak
- ☐ Flounder
- ☐ Haddock
- ☐ Halibut
- ☐ Lunch meat (low fat)
- ☐ Peanut butter (low fat)
- ☐ Salmon
- ☐ Sardines
- ☐ Tripe
- ☐ Tuna (canned in water)
- ☐ Turkey breast
- ☐ Venison
- ☐ Wild game

Vegetable choices*(fresh or frozen)*

- ☐ All greens
- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Peppers
- ☐ Spinach
- ☐ Tomatoes
- ☐ Zucchini

Lean dairy choices

- ☐ Low-fat cheeses
- ☐ Low-fat cottage cheese
- ☐ Milk (low fat or skim)
- ☐ Mozzarella cheese
- ☐ Non-fat ricotta cheese
- ☐ Swiss cheese
- ☐ Yogurt (fat-free or low-fat)

Fats and oils choices

- ☐ Canola oil
- ☐ Corn oil
- ☐ Low-fat or low-sugar salad dressings
- ☐ Margarine (soft or tub)
- ☐ Nuts or seeds
- ☐ Olive oil

Fruit choices*(fresh, canned in natural juices or frozen in water)*

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwi
- ☐ Lemon/lime
- ☐ Melons
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple

Starches, grains and lentils choices

- ☐ 100% whole wheat bread
- ☐ Black beans
- ☐ Brown or wild rice
- ☐ Corn
- ☐ Corn meal
- ☐ Corn tortillas
- ☐ Dried beans
- ☐ Garbanzo beans (chick peas)
- ☐ Hominy
- ☐ Kidney beans
- ☐ Low-fat whole wheat tortillas
- ☐ Peas
- ☐ Pinto beans
- ☐ Plain hot cereal
- ☐ Potatoes
- ☐ Unsalted crackers
- ☐ Whole grain cold cereal
- ☐ Whole wheat pasta
- ☐ Whole wheat pita
- ☐ Winter squash

Snack choices

- ☐ Angel food cake
- ☐ Animal crackers
- ☐ Baked chips
- ☐ Gelatin (sugar-free)
- ☐ Ice milk
- ☐ Popsicles (sugar-free)
- ☐ Sugar-free beverages
- ☐ Sugar-free syrup
- ☐ Vanilla wafer cookies
- ☐ White and brown sugar substitute



Everyone with Diabetes Counts

Wellness Pathways

SENIOR CENTER ACTIVITIES • January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:15-10:45 POKENO	11:00-12:00 LUNCH	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	11:00-12:00 LUNCH	
1:00-2:45 BINGO	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACING	

OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



of the North Shore

111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

ELVIS PRESLEY

I	R	O	L	Y	E	H	L	O	V	E	M	E	T
L	T	U	I	E	I	O	N	V	Y	U	D	I	I
O	L	E	T	L	R	U	I	O	L	O	R	E	I
T	I	H	T	S	A	N	A	M	A	S	W	F	E
E	U	C	I	E	M	D	R	D	L	A	E	E	W
D	T	C	U	R	A	D	Y	L	R	V	K	L	V
D	Y	R	R	P	S	O	K	R	E	V	L	C	R
Y	R	I	F	S	I	G	C	R	Y	R	V	D	D
B	R	D	I	I	L	I	U	D	Y	I	Y	F	E
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R	I	T	U	E	Y	O	E	N	E	D	Y	F	A
D	D	U	T	C	C	Y	K	G	S	L	M	A	O
U	E	V	E	U	U	N	S	T	C	E	Y	I	E

ELVIS PRESLEY

LISA MARIE

TEDDY BEAR

MY WAY

HOUND DOG

C.C. RIDER

FEVER

TUTTI FRUITTI

LOVE ME

KENTUCKY RAIN

January 2019 Lunch Menu

Greater Lynn Senior Services

COMMUNITY CAFÉ MENU – JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	1 HOLIDAY NO MEAL SERVICE	2 Yankee pot roast/gravy(168) Mashed potatoes(109) Calories-842 Sodium- 970 ALTERNATIVE Coconut curried fish(290) Calories-800 Sodium-769	3 Chicken pot pie(570) Parslief steamed potato(5) Calories-600 Sodium-990 ALTERNATIVE Pasta primavera(200) Calories-690 Sodium-655	4 American chop suey(316) Salad/dressing(62) Calories-759 Sodium-1088 ALTERNATIVE Chicken stew(190) Calories-620 Sodium-620
7 Pork hot dog/roll(886)* Baked beans(140) Calories-730 Sodium-1202** ALTERNATIVE Honey lime chicken(204) Roasted sweet potato(104) Calories-845 Sodium-722	8 Baked haddock/lemon(150) Soup/crackers(204) Calories-628 Sodium-720 ALTERNATIVE Veggie burger/roll(340) Broccoli(32) Calories-600 Sodium-696	9 Oven fried chicken(440) Macaroni and cheese(260) Calories-751 Sodium-942 ALTERNATIVE Stuffed shells/sauce(505)* Southern greens(86),soup Calories-620 Sodium-868	10 Salisbury steak/gravy(459) Mashed potatoes(109) Calories-900 Sodium-1020 ALTERNATIVE Cheese/mushroom Enchilada(300),potato(200) Calories- 810 Sodium-980	11 Stuffed peppers/sauce-290 Mushroom soup(271) Calories-900 Sodium-1236 ALTERNATIVE Chicken/sauce(275) Rice(5), soup Calories-850 Sodium-833
14 Swedish meatballs/gravy(263) Mashed potato(109) Calories-691 Sodium-741 ALTERNATIVE Seasoned pulled beef(100) Calories-700 Sodium-510	15 Macaroni and cheese(520)* Soup/crackers(70) Calories-900 Sodium-1065 ALTERNATIVE Oven fried chicken(440) Calories-722 Sodium-900	16 Roast turkey/gravy(449) Sweet potato(70) Calories-747 Sodium-884 ALTERNATIVE Seasoned pork(106) Calories-694 Sodium-530	17 HAWAIIAN LUAU Chicken/ pineapple soy sauce Island style fried rice Tropical slaw Luau cake Calories-780 Sodium-960	18 Beef stew(117) Mashed potatoes(109) Calories- 695 Sodium-485 ALTERNATIVE Veggie Shepherd's pie(200) Calories-620 Sodium-633
21 HOLIDAY NO MEAL SERVICE	22 Stuffed shells/sauce(505)* Soup/crackers(272) Calories-643 Sodium-1059 ALTERNATIVE Chicken stew(190) Calories-692 Sodium-500	23 Chicken Mirabella(284) Parslief rice(5) Calories-751 Sodium-1253** ALTERNATIVE Cheese pizza(340) Calories-676 Sodium-665	24 Pork rib/honey BBQ sauce410 Soup/crackers(215) Calories-900 Sodium-1405* ALTERNATIVE Broccoli cheddar bake(436) Calories-903 Sodium-918	25 Shepherd's pie(201) Butternut squash(20) Calories-731 Sodium-786 ALTERNATIVE Garlic fish(150) Calories-820 Sodium-873
28 Turkey divan/rotini(260) Soup/crackers(160) Calories-780 Sodium-826 ALTERNATIVE Honey mustard pork(195) Rice/beans(83) Calories- 803 Sodium-707	29 Beef/broccoli(337) Mixed veg/mushrooms(10) Calories-900 Sodium-740 ALTERNATIVE Cheese ravioli/sauce(575)* Broccoli(32) Calories-600 Sodium-890	30 Pollock/lemon(150) Soup/crackers(272) Calories-650 Sodium-820 ALTERNATIVE Egg/cheese croissant(410) Potato wedges(200), soup Calories-610 Sodium-905	31 Eggplant parm/sauce(512)* Pasta(20) Calories- 708 Sodium-873 ALTERNATIVE Chicken/rice(250) Garlic spinach(40) Calories-660 Sodium-610	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(MORE THAN 500mg PER SERVING).MEALS MARKED WITH ** INDICATE HIGH SODIUM (MORE THAN 1200mg).

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

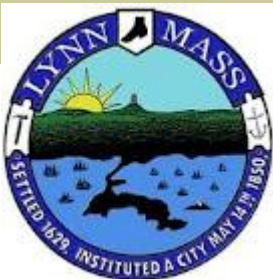
WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thu Jan 10, Tue Jan 15, & Thu Jan 31

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

Tue & Thu

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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